EveryWoman’s Journal is a free outreach program founded in 2002 that teaches women how to use expressive writing techniques to increase their awareness of their mental, physical, and emotional health.

Women who journal report:
- Feeling less stressed
- Better moods
- Better problem-solving skills
- Fewer symptoms of depression and anxiety

“...I attended the EWJ workshop to find a place to begin (a new life), to find my new me and to find a path to go forward on. The journaling has allowed me to put closure to the pain and disappointment of my past life, put all events in the right perspective, and figure out where I want to go on to.”

EWJ Participant, Rosemary K, 2014

Wisconsin Women’s Health Foundation
2503 Todd Drive
Madison, WI 53713

Phone: 608-251-1675
Fax: 608-251-4136

EWJ Participant Age

42% of participants had no previous journaling experience prior to their EWJ workshop.
EveryWoman’s Journal is a two-hour workshop led by a facilitator. Participants learn and practice journaling techniques using a guidebook, journal, and pen provided by the Wisconsin Women’s Health Foundation. The majority of the two hours is spent writing after being given prompts by the facilitator.

Workshops can take place in a home, church, library, community center or any public meeting space.

Following the workshop, “Step Two”, which started in December 2014, provides participants monthly journaling practice exercises and tips via email. The exercises help them decrease stress and improve wellness.

Post-Workshop Participant Evaluations:
96% thought the EWJ workshop was good or excellent.
94% will use the techniques/exercises learned at the workshop.
88% believed the workshop helped them learn how to cope with stress and improve overall well-being.

Six Weeks After the Workshop:
95% of participants thought the journaling helped them.
68% had done at least some health journaling almost every day.

Positive Changes Participants Report Following an EWJ Workshop

- **Communication**
  - Learning to say “No”
  - Making compromises
  - Not expecting perfection
  - Talking out my problems

- **Stress Management**
  - Journaling at home
  - Deep breathing
  - Making time for activities I enjoy
  - Focusing on one thing at a time
  - Taking more breaks in my day
  - Reducing self-criticism

- **Health Behaviors**
  - Stop Smoking
  - Daily activity/exercise
  - Regular doctor appointments
  - Eat right
  - Limit alcohol & caffeine
  - Improve sleep routine

2014 EWJ Facilitators

Heidi Anderson, West Bend
Jennifer Berna, Iola
Nancie Brennan, Green Bay
Maebe Brown, Milwaukee
Kiersten Carley, Stevens Point
Lee Clay, Mukwonago
Marie Crowley, Oconomowoc
Marilyn Duguid, Madison
Mary Cay Freiberg, Milwaukee
Linda Garrett, Beloit
Christie Gause Bemis, Wisconsin Rapids
Pamela Gavril, Stevens Point
Rosann Geiser, Appleton
Carol Gottard, Antigo
Cindy Grueneberg, Green Bay
Aimee Henry, Waukesha
Velma Hockenberry, Tomah
Fran Johnson, Shawano
Tammy Koencke, Reedsburg
Sally Lewis, New Auburn
Allison Maedke, Kenosha
Chris Maghrak, Marshfield
Marie Michel, Manitowoc
Sarah Milkie, Racine
Nora Miller, Madison
Lisa Mueller, Kenosha
Theresa Ojala, Verona
Liz Orlowski, Wisconsin Rapids
Joan Pacetti, Kenosha
Jeanne Pawietski, Waupaca
Peggy Pipia, West Allis

Carol Ponce-Torrez, Green Bay
Nancy Rhodes, Shorewood
Lori Rudolph, Baraboo
Betsy Sachs, Waupaca
Sherry Schad, Prairie du Sac
Allison Schultz, Bonduel
Sandra Simonson Thums, Rib Lake
Betsi Smith, Kenosha
Cathy Taylor, Marshfield
Kathie Tilot, Green Bay
Susan VanDerLoop, Appleton
Tina Werres, Rhinelander
Julie Whitehorse, Madison

To schedule a workshop, contact Nora Miller at nmiller@wwhf.org or 1-800-448-5148.